Foundational Points of the Carnivore Paradigm

1. **Inversion of Health Advice:** Established health guidelines are fundamentally inverted and incorrect. The material claims that what is commonly taught about nutrition causes the very diseases it purports to prevent.
2. **The Carnivore Paradigm as Core:** Animal products (meat, fat, organs) are the central, essential foods for achieving true human health. This way of eating is presented as the only path to reversing chronic disease.
3. **Disease Root Causes:** Disease stems from a triad of internal issues: physical toxicity, nutrient deficiencies, and unresolved psychological stress. These internal factors are prioritized over external causes like germs or genetics.
4. **Germ Theory is Fraudulent:** The concept of "catching" a cold or flu from germs is a debunked theory. Symptoms are instead the body's internal response to toxicity and imbalance, not an external infection.
5. **Sickness as Detoxification:** Common illness symptoms (fever, cough, sniffles) are beneficial detoxification and healing cycles. They are triggered by the body to correct deficiencies and expel stored toxins.
6. **Seasonal Sickness Cycles:** Seasonal illness patterns are caused by the body's response to environmental shifts like temperature changes. If the body's toxic load is high, these shifts trigger a cleansing cycle.
7. **Malnutrition as Sickness Cause:** Malnutrition and nutrient deficiencies are a primary root of disease. This is exacerbated by toxins and chemicals in modern, processed foods.
8. **German New Medicine (GNM) Principles:** Symptoms of disease manifest *after* a psychological conflict is resolved, not while it is active. The symptomatic phase is the body's "healing phase" where it repairs tissue damage from the stressful conflict period.
9. **Holiday Health Crisis:** Post-holiday sickness peaks are a "compounded failure" of emotional stress and high toxic food intake. The body uses the subsequent downtime to initiate a major detoxification and repair process.
10. **Cavities are Systemic Failure:** Cavities are not primarily caused by sugar or bacteria but by systemic nutrient deficiencies. A lack of fat-soluble vitamins and minerals causes tooth demineralization, creating vulnerability.
11. **Historical Evidence for Dental Health:** Anthropological evidence from traditional societies shows perfect dental health on animal-based diets. The shift to agricultural, plant-based diets correlates with a rapid decline in dental health.
12. **Sugar's Limited Role in Cavities:** Sugar and carbohydrates only cause decay if the tooth structure is already compromised by malnutrition. A well-mineralized tooth with healthy saliva is resistant to bacterial damage.
13. **GNM and Tooth Decay (Dentin):** Decay in the tooth dentin is linked by GNM to an unresolved conflict about an "inability to bite back." This can be literal (dietary restriction) or figurative (inability to assert oneself).
14. **GNM and Tooth Decay (Enamel):** Enamel decay is linked by GNM to an unresolved conflict with an authority figure. The pain and sensitivity signify the active healing process after the conflict is resolved.
15. **Modern Dentistry is Flawed:** Procedures like root canals are contrary to nature because they create a dead, non-vital tooth. A natural tooth within a healthy body has the capacity to self-repair and remineralize.
16. **Nutritional Science is an Ideology:** Contemporary nutritional science is not true science but an ideology driven by industry agendas. It is characterized as "complete hogwash" that causes sickness and confusion.
17. **The Four Pillars of True Nutrition:** Objective human nutrition must be based on comparative anatomy, comparative physiology, metabolic pathways, and anthropology. These pillars, free from bias, lead to an undeniable conclusion about human diet.
18. **Humans are Obligate Carnivores:** Humans are classified as obligate hyper-carnivores, meaning our physiology requires animal flesh and fat. Plant foods are not just suboptimal but are contraindicated for the human system.
19. **Plant Consumption was Minimal:** Humans' natural capacity for plant consumption was historically limited to small amounts of specific seasonal foods like berries. This was an adaptation, not a nutritional foundation.

20. **Bioavailability is Central:** The value of a nutrient is determined by its bioavailability—how easily the human body can absorb and use it. Nutrients from animal products are instantly bioavailable, while plant nutrients are locked and unusable.
21. **Calorie Counting is Nonsensical:** The practice of counting calories and tracking macros is based on flawed, speculative data like RDIs. It ignores the fundamental issues of bioavailability and nutrient density.
22. **RDIs are Speculative:** Recommended Daily Intakes (RDIs) are not derived from solid science but from agenda-driven boards. They are meaningless because they do not account for the poor bioavailability of nutrients from plant sources.
23. **Universal Truth: Human Classification:** A non-debatable truth is that humans are obligate hyper-carnivores. This physiological design means we are meant to derive over 70% of our nutrition from animal fat and protein.
24. **Plant Kingdom Toxicity:** Anything from the plant kingdom is inherently toxic, nutrient-poor, and difficult for humans to digest. Plants contain defense chemicals and anti-nutrients that harm the human system.
25. **Animal-Based vs. Carnivore Diet:** An "animal-based" diet consists primarily of cooked animal foods and is vastly superior to standard diets. However, the true "carnivore" diet includes raw components and is considered the species-appropriate ideal.
26. **Raw Food Superiority:** Cooking degrades food by damaging protein structures and destroying heat-sensitive nutrients. A raw carnivore diet provides maximum nutrition and eliminates the need for supplementation.
27. **Human Digestion for Raw Food:** The human digestive system, with a highly acidic stomach (pH ~1.5), is designed to handle raw and even slightly aged meats. Concerns about bacteria are dismissed for individuals on a proper diet.
28. **Food Ranking System:** Foods are ranked in a hierarchy based on bioavailability, toxicity, and human compatibility. The explicit goal for health is to consume foods only from the top tiers (1-4).
29. **Tier 1 Foods:** The ideal human foods are raw meat, raw fat, raw bone marrow, blood, raw organ meats from grass-fed ruminants, and raw egg yolks. These represent the most bioavailable and compatible nutrients.
30. **Worst Plant Foods:** The most toxic plant foods are legumes, beans, lentils, seeds, and nuts (Tier 12). As the reproductive parts of plants, they contain the highest concentrations of defensive anti-nutrients.
31. **Worst Man-Made Foods:** The absolute worst foods are modern processed foods combining toxic carbohydrates and industrial seed oils (Tier 17). These are considered completely non-human and profoundly damaging.
32. **Ketosis is the Natural State:** Ketosis is not an abnormal or emergency metabolic state but the natural, perpetual human metabolic condition. It exists on a sliding scale as the body metabolizes fat.
33. **No Dietary Glucose Needed:** The body does not require dietary carbohydrates for glucose. The liver can produce all necessary glucose through gluconeogenesis from fat and protein.
34. **Brain Uses Dual Fuel:** The brain always uses a mix of glucose and ketones for energy, not one or the other. The ratio shifts, with a well-adapted brain deriving a significant portion of its energy from ketones.
35. **Glucose as a Toxin:** High blood glucose is treated by the body as a poison that must be cleared immediately to prevent cellular damage. This emergency response disrupts natural fat metabolism and ketone production.
36. **Ketogenic as Evolutionary Norm:** The high-fat, moderate-protein, low-carb metabolic state is the evolutionarily normal way of eating for humans. It is not a modern therapeutic fad but our species' baseline.
37. **Cholesterol is Vital:** Cholesterol is an essential molecule required for building cell membranes, producing hormones, and facilitating repair. It is fundamental to life, not a cause of disease.
38. **LDL is a Transport Mechanism:** LDL is not "bad cholesterol" but a crucial transport vehicle that delivers cholesterol to cells for repair and maintenance. It is a response to damage, not the cause.
39. **HDL is a Cleanup Crew:** HDL is a transport mechanism that collects unused or damaged cholesterol and returns it to the liver. It is part of a recycling system, not an inherently "good" particle.
40. **Cholesterol Theory is Backwards:** The hypothesis that cholesterol causes arterial plaque is a correlation/causation error. Cholesterol is present at damage sites to perform repairs, not to initiate the damage.

41. **High LDL Indicates Healing:** Elevated LDL levels indicate that the body is actively repairing systemic damage. The damage itself is caused by toxic carbohydrates, seed oils, and plant chemicals.
42. **High HDL Can Be a Bad Sign:** Very high HDL may indicate a highly toxic state where cholesterol is being rapidly damaged and returned to the liver. It can be a sign of an overwhelmed system, not optimal health.
43. **Statins are Dangerous:** Cholesterol-lowering statin drugs cripple the body's repair capabilities. They are linked to increased risks of neurological decline and hormone dysfunction.
44. **Fat Loss is Natural:** Difficulty losing body fat is not due to evolutionary "thrifty genes" or a lack of willpower. It is 100% caused by consuming toxic, non-human foods that sabotage metabolism.
45. **Calorie Restriction Doomed to Fail:** Conventional dieting based on calorie restriction fails because it relies on nutrient-void plant foods. This leads to cellular starvation and intense cravings, despite physical fullness.
46. **Obesity is a Modern Phenomenon:** Widespread obesity is a recent development correlated with the agricultural shift to carbohydrate-based "slave foods." Historically, humans were lean on their natural diet.
47. **Impossible to be Overweight on Carnivore:** It is physiologically impossible to become significantly overweight when eating only satisfying, nutrient-dense animal foods. Natural satiety mechanisms prevent overconsumption.
48. **Critique of "Healthy Keto":** Even "healthy keto" diets that include plants are suboptimal because they still incorporate toxic elements. The goal should be the elimination of all unnatural carbohydrate sources.
49. **Plant Inclusion is "Nonsense":** Including green leafy vegetables or other plants in a keto diet is indoctrinated pseudoscience. All plant foods are toxic and their nutrients are not bioavailable.
50. **Ideal Macronutrient Ratio:** The ideal energy ratio is approximately 70% fat and 30% protein by calories, or a 1.1:1 ratio of fat to protein by weight in grams. This optimizes energy and mimics evolutionary eating patterns.
51. **Protein Needs Based on LBM:** Protein intake should be calculated based on Lean Body Mass (LBM), not total body weight. A general guideline is 1.75 to 2.6 grams of protein per kilogram of LBM.
52. **Low Energy from Low Fat:** Fatigue on a carnivore diet is almost always caused by insufficient dietary fat, not too much protein. Without adequate fat, the body hits a safety limit on glucose production and energy drops.
53. **Digestive Issues are Adaptive:** Initial digestive problems like diarrhea are signs of adaptation, not fat intolerance. They indicate the body is adjusting bile and enzyme production after years of a poor diet.
54. **Optimizing Fat Digestion:** Digestive adaptation can be managed by gradually increasing fat intake or temporarily using supplements like ox bile. Consuming fats uncooked and avoiding water around meals also aids digestion.
55. **Eggs are a Superfood:** Eggs are a complete food containing every nutrient required to build a living organism. They are profoundly nutritious and there is no health-based upper limit to their consumption.
56. **Cholesterol Regulation is Smart:** The liver naturally regulates cholesterol production based on dietary intake. Dietary cholesterol from eggs does not correlate with heart disease risk.
57. **Quality of Eggs Matters:** Conventional supermarket eggs from chickens fed soy and corn are inferior. Pasture-raised or organic eggs from naturally fed chickens are nutritionally superior.
58. **Supplements are Unnecessary:** Supplementation is utterly unnecessary when consuming a proper, species-appropriate diet of animal foods. The body receives all nutrients in their optimal, bioavailable form.
59. **Synthetic Vitamins are Toxic:** Man-made, isolated vitamin supplements are chemically derived and can act as toxins. They are not identical to the complex vitamins found in whole foods and can cause imbalances.
60. **Fiber is Contraindicated:** Dietary fiber is bad for humans because it provides no nutrition, irritates the gut, and traps nutrients, preventing their absorption. It causes hunger by blocking true nourishment.
61. **Probiotics are Futile:** Consuming probiotics from pills is futile because the gut microbiome simply adapts to the food consumed. Eating the correct animal-based diet will naturally cultivate a healthy gut environment.
62. **Fish Oil with Fat:** Absorption of omega-3s from supplements is significantly higher when taken with a high-fat meal. This prevents them from being burned for energy and allows them to be used for cellular functions.
63. **Test Fish Oil for Rancidity:** Fish oil must be tasted for freshness, as polyunsaturated fats oxidize easily. Rancid (bitter) fish oil is toxic and should be discarded.

64. **Carbohydrates are Unnecessary:** No human needs to consume dietary carbohydrates for any biological function. The body is fully capable of producing its own glucose.
65. **Fructose is Extremely Damaging:** Fructose, found in fruit and honey, is 7 to 11 times more damaging to tissues than glucose. It is particularly harmful to the liver.
66. **Question All Scientific Authority:** The first rule of science should be to question everything, especially authority. Much established science is alleged to be flawed theory supporting corporate or government interests.
67. **Vegan Deterioration as Proof:** The observable physical and mental deterioration of long-term vegans is presented as undeniable proof that plant-based diets are incompatible with human health.
68. **"Skinny Fat" is Malnutrition:** The "skinny fat" condition (normal weight obesity) is caused by chronic malnutrition from low-quality food, not a lack of exercise. The body lacks the nutrients to build muscle and regulate fat.
69. **Healing Reactions are Positive:** Negative symptoms when starting carnivore (flare-ups, blood marker changes) are positive "healing reactions." They indicate the body has the resources to begin deep detoxification and repair.
70. **Sunlight is Essential:** Sun exposure is crucial for health, regulating circadian rhythms, and boosting hormone production. Sun sensitivity is caused by nutrient deficiencies, not genetics, and sunscreen/sunglasses are harmful.